



NEWSLETTER

NORTH HAVEN PUBLIC SCHOOL

"THE FUTURE IS OURS"

18 August 2016
Term 3 Week 5
Issue No 26

Uniform Shop

Hours:

Tuesday mornings

8.45 – 9.15 am

Wednesday afternoons

2.30 – 3.15 pm

TERM DATES

Term 3 19 Jul – 23 Sep 2016

Term 4 10 Oct – 16 Dec 2016

2017

Term 1 30 Jan – 7 April 2017

STUDENT BANKING

Monday is the day for student school banking.

CONTACT US

Phone 6559 9261

Fax 6559 6475

Email

[northhaven-
p.school@det.nsw.edu.au](mailto:northhaven-p.school@det.nsw.edu.au)

Website

[northhaven-
p.schools.nsw.edu.au](http://northhaven-p.schools.nsw.edu.au)

PRINCIPAL'S MESSAGE

Dear parents, carers and community members,

CHAFFS

Congratulations to one and all for a most entertaining and exciting evening last night. Our local community of Public Schools shone in the most spectacular way. Thank you to our families for supporting this wonderful event. Thank you to our staff, who again, tutored, rehearsed and polished our performances to a very high standard. Thank you to our students who showed commitment to their performance groups through extensive rehearsals in their break times and who again, made all so proud.

Athletics

Tomorrow we send a team of sixteen athletes to the next level of competition- Lower North Coast. It is a great achievement to get through to this level and, again, they have reached this point with the support of their families, our dedicated staff, their athletic talents and team work.

NAPLAN

Tomorrow Year 3 and Year 5 students will bring home their 2016 NAPLAN results. If you would like to discuss any aspects of the reports please contact your child's teacher and make an appointment. Family Conferences which will be conducted in the near future might be an appropriate time.

Family Conferences

In Week 7 we will again be holding Family Conferences. This is a valuable opportunity to continue our strong partnerships and for yourself, your child and their teacher to review Personalised Learning Plans. Teachers will be sending home information about the conference dates, booking time slots and will then confirm the conference time.

Tell Them From Me Survey

This important communication tool is again available for all families to participate in. Next week I will provide the link for families to use to respond to the survey. This year we will also provide access to the survey when you come for your Family Conference if this is more convenient.

Kind regards,

Christine Wild
Principal



BOOK WEEK
AUSTRALIA : STORY COUNTRY
Wednesday 24 August

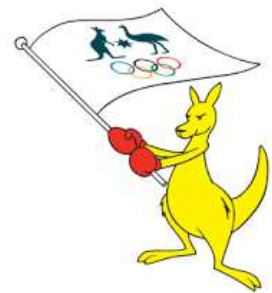
To celebrate the theme *AUSTRALIA: Story Country*, we will have a combined Olympic / Australia themed dress up day on **Wednesday 24 August**.

Students are encouraged to come dressed in **GREEN** and **GOLD** and/or as an Australian athlete (or just come out of uniform).

We will **NOT** have a book parade as mentioned in the term planner, keeping our celebration low key this year, reading lots of old and new Australian stories and being proud of our country.

Thank you for your support.

Diane Eggins
Teacher Librarian



North Haven Public School
Student Late Note

To be used if parent/carers are unable to accompany children into the office if arriving at school late (after 9.05 am).
Children should bring this note to the office on arrival at school.

My child _____ of class _____ is late for school today ____/____/____ (insert date)

for the following reason _____

Parent/Carer Signature: _____

North Haven Public School
Student Absence Note

My child _____ of class _____

was absent from school on the following date/s _____

for the following reason _____

Parent/Carer Signature : _____ Date: _____

FRESH FRUIT AND VEGIE CAMPAIGN

The **FRUIT & VEGIE** campaign has commenced at the canteen and will continue for approximately four weeks.

During this time students will receive a token sticker per one piece of fruit or vegetable purchased and once four have been collected the student will receive a prize. At the end of the promotion the canteen will send in all completed sticker cards to Sydney Markets for the major prize draw.



The canteen will provide lots of different items during this four week period. Students will receive a sticker if they purchase items such as salad sandwich, chicken, lettuce and mayo burgers, salad tubs or fruit salad. Just remember if a fresh piece of fruit or vegetable is purchased during this period your child could be in the chance for winning a major prize.

Prizes include TV & DVD player, Apple iPad, movie vouchers, back packs, lunch bags & drink bottles.

To support the Fruit and Vegie Campaign if families have a glut of fruit or vegetables growing that they are unable to use, any donated surplus would be appreciated by the canteen

Father's Day Stall

We will be holding a Father's Day stall at school on **Thursday, 1 September** in time for Father's Day on Sunday, 4 September.

All children will have the opportunity to purchase ONE gift from the Father's Day stall. Students may buy a second gift after all classes have purchased from the stall.



Gifts will cost \$5.00. Students should bring money on the day (NO money to the office, please).

COMMUNITY NOTICE

BBQ for the Needy is a new initiative by the Laurieton United Servicemen's Club and the Port Macquarie/Hastings Council. The initiative is designed to support those in our community who may need a little support. The barbecue will be held every Friday afternoon from 3.00 pm behind the Laurieton club. Members of the community can help by –

- making a donation of BBQ food on the afternoon
- attending the barbecue to encourage and support those in need in our community.

If you can help please contact Graham Lee on 0413 480 999.

UPCOMING EVENTS AT SCHOOL

Fri 19 August	Lower North Coast Athletics Wauchope
Mon 22 August	Touch football Gala Day
Tues 23 August	Primary Play Day at the Glasshouse
Wed 24 August	Olympic/Australia dress up day
Tues 30 August	P&C meeting 6.30 pm including AGM
Thur 1 Sept	Father's Day Stall

PSSA Hastings/Camden Haven District Athletics

16 athletes from North Haven Public School have been selected to represent the Hastings/Camden Haven district at the Lower North Coast athletics carnival tomorrow at Wauchope. The 16 athletes were selected after their performance at the district carnival last week.

Congratulations to –

Emilee Franklin	1st	9 year 100m
	2nd	Junior 200m
	3rd	Junior long jump
Bailey Geronimi	1st	11 year long jump
	2nd	11 year 100m
Ryan Moloney	1st	Senior shot put
	2nd	Senior discus
Harry Twomey	1st	Senior high jump
Jayden Hoffman	2nd	11 year discus
	3rd	11 year long jump
Bryce Cook	2nd	Senior high jump
Jae Bell	4th	Senior 200m
Toby Verdon	4th	Junior 800m
Chelsea Stimson Cooper	2nd	11 year shot put
Tayte Gibson	2nd	200m
Hamish Gallagher	4th	9 year 100m
Bridie Pierce	3rd	10 year 100m
Charlie Forster	3rd	junior discus

The junior girls relay team (Cleo Bell, Kiara Newman, Emilee Franklin & Bridie Pierce) were placed third as were the senior boys relay team (Jae Bell, Jacob Slater, Jayden Hoffman & Bailey Geronimi).

Well done North Haven athletes and all the "Olympic" best for you tomorrow.

North Haven, North Haven, North Haven
Oi! Oi! Oi!



Mental health matters for everyone. For children, positive mental health enables them to continue to learn, grow and thrive as part of a community and through new experiences.

Remember though, that mental health matters for adults too.

It also helps adults to continue to learn, grow and thrive, but there is something else. Positive mental health (or the right kinds of support when needed), gives us capacity to support others.

Ways to care for ourselves include:

- Establish routines/practices that support our mental health

- Healthy eating and being active
- Mindfulness practice
- Having interests and connections
- Seek help when needed and establish outside supports

Doing these things is not always easy ... sometimes we think other things need to take priority. Sometimes they do; often, if we stop and reflect, they don't.

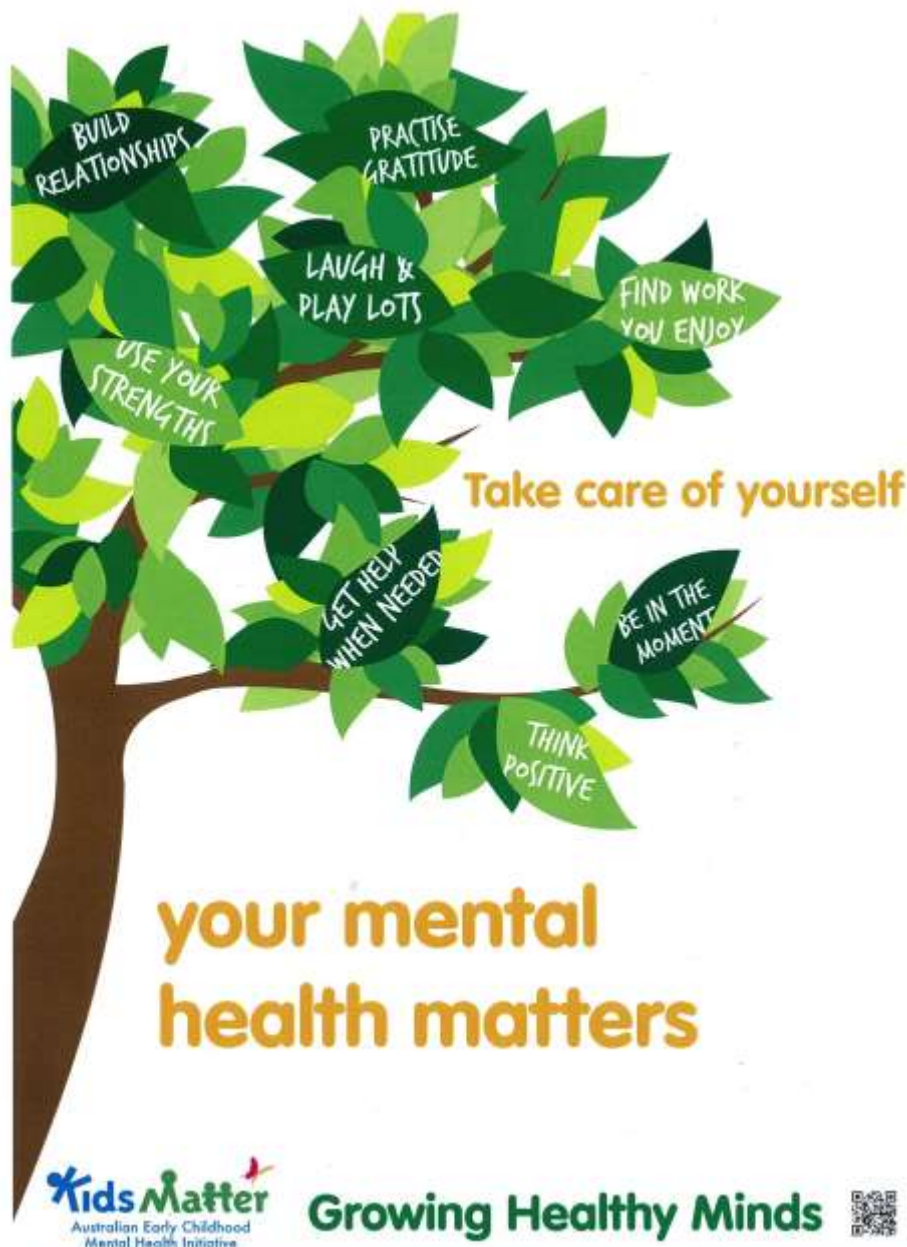
To support others, we need to take care of ourselves

We need to mind our own mental health and stress levels; you can't pour from an empty cup.

Putting ourselves first for the sake of our wellbeing is not selfishness, because others will benefit too. Remember, we secure our own oxygen mask on a plane before helping others with theirs.

Children will learn from us how to prioritise taking care of ourselves when they see us living it. Taking care of well being is a lifelong project that we all have ... forever.

Fiona Harvey
School Counsellor
Registered Psychologist





DISTRICT ATHLETICS
10 August
Wauchope





ASSEMBLY AWARDS



	Work of the Week		Good Sports Awards
3M	Kalan Paterson	Braizon Sargent	Oliver Cameron Oscar Geronimi Ruben Avelin Bonnie Hughes Charlie Forster Amelia Cook Jenson Griffiths
3/4S	Claire Summers	A.Harrison Douglas	
4E	Tallin Ives	Ben Drewitt	
4/5B	Jye Barber	Jasmin Adams	
5D	Jade Betts	Brodhie Newman	
5/6M	Charlie Forster	Charlotte Holt	
6T	Nella Cook		

Value of the Week

Care and
Compassion

BAND MUSICIAN OF THE WEEK	
Junior	Senior
Christa Dale	Sophie Cheers
Kiara Newman	Zak Somers

VALUES AWARDS	
KB	Akayla Bevan
K/1H	Nathan Gardner
1M	Tyler Hill
1/2D	Joshua Neisler
2F	Jasmine Avelin
3M	Bronte Bowen Lucy Eggins
3/4S	Stella Stanwix Adam Drewitt
4E	Zak Somers Emma Swift
4/5B	Amelia Cook Bailey Asbury
5D	Jai Wood Bruce Harry Walker
5/6M	Cody Boland Emily Sharman
6T	Julia Cable

	Student of the Week
KB	Mimi Hardman
K/1H	Jonah Benson
1M	Bella Lahey
1/2D	Bella Williams
2F	Sophie Hill
3M	Hope Blackman Logan Bes
3/4S	Alana Toogood Oscar Geronimi
4E	Caleb Funnell Jasmine McCarthy
4/5B	Cooper Barnes Mia Lenane
5D	Sonny Muller Bridie Pierce
5/6M	Matilda Sargent Tomas Bambling
6T	Harry Twomey

INFANTS CLASS MERIT AWARDS		
KB	Aria Hunter	Bessie Walker
K/1H	Riley Lewis	Sunnah Hedges
1M	Lachlan Ward	Ashur Gallagher
1/2D	Olive Hardman	Zahri George
2F	Ashley Wheadon	Thomas Benson

REGISTER NOW

AIA Vitality MiniRoos Kick-Off for Girls is an introductory football program for girls aged 5-11 starting October 2016. Visit the website to find a location nearest you.

www.northernnswfootball.com.au/miniroosforgirls

Excellence in
Child Dental Services

Call today on **1300 65 16 25**

All children under 18yrs of age can receive FREE DENTAL CARE through the Mid North Coast Local Health District.






PARENTS **DO NOT** NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD FOR THEIR CHILD TO BE ELIGIBLE.



Please call 1300 65 16 25 if you would like your child to have a check-up.

IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED WHEN YOU CALL 1300 65 16 25 TO BE TRIAGED.

OUR MID NORTH COAST LOCAL HEALTH DISTRICT DENTAL CLINICS ARE SITUATED IN:

	PORT MACQUARIE	Morton Street (Old Hospital)	Port Macquarie
	WAUCHOPE:	Wauchope Community Health Campus High Street (adjacent to hospital)	Wauchope
	LAURIETON:	Camden Haven Community Health Campus Laurie Street	Laurieton
	KEMPSEY:	Kempsey Community Health Campus (in hospital grounds) Polwood Street	Kempsey
	COFFS HARBOUR	Coffs Harbour Health Campus Pacific Highway	Coffs Harbour

Coffs Harbour Network
Oral Health Services
Locked Bag 812
Coffs Harbour 2450
Tel 1300 651 625
Website <http://mncldh.health.nsw.gov.au/>

Hastings Macleay Network
Oral Health Services
PO Box 126
Port Macquarie 2444
Tel 1300 651 625
Website <http://mncldh.health.nsw.gov.au/>

UNIFORM PURCHASES				
DESCRIPTION	PRICE	QTY	SIZE	TOTAL
Polo Shirt with school logo	\$20.00			
Sports Shirt	\$30.00			
Unisex shorts – microfibre	\$14.00			
Sports mesh shorts	\$14.00			
Girls gabardine skort	\$16.00			
Girls sport skort	\$12.00			
Fleecy zip jacket with school logo	\$24.00			
Fleecy track pants	\$16.00			
Unisex gabardine trousers	\$15.00			
School cap (one size fits all)	\$10.00			
School bucket hat – maroon				
Sizes – Small-Medium, Medium-Large	\$10.00			
Library bag	\$ 3.00			
All clothing available in sizes 4-16		TOTAL \$		
Larger sizes available on request				
CHILD’S NAME		CLASS		


Nutrition Snippet

The simplest way

...to serve up 2 and 5.

It is important to aim for a minimum of two serves of fruit and five serves of vegetables every day, for good health and to reduce cancer risk.


So how much is a serve? Here is a quick and easy guide:



How much is 1 serve?

For recipe ideas and inspiration visit:
eatittobeatit.com.au
[facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)
[pinterest.com/cancerCouncil/easy-fruit-veg](https://www.pinterest.com/cancerCouncil/easy-fruit-veg)

150 grams of fresh FRUIT or:

 =
  =
 

1 medium piece (e.g. apple) 2 small pieces (e.g. apricots) 1 cup chopped or canned fruit

75 grams of fresh VEG or:

 =
  =
 

1/2 cup cooked veg or legumes 1/2 medium potato 1 cup salad or veg

CAN 3132 87115

For more information visit
www.eatittobeatit.com.au
 or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

